



Introducing Buddhist Meditation

Meditation is getting a lot of press these days as a way to de-stress, manage pain, and live life more fully. Many forms of meditation exist, but perhaps none as direct and accessible as the mindfulness meditation practice of Buddhism. This one-day workshop will introduce participants to sitting, walking and daily life meditation.

Topics:

- The four foundations of mindfulness; sitting meditation; walking meditation; discussion of the applications of meditation in everyday life

Learning Outcomes:

- An introduction to the practice of mindfulness

Facilitator: Margo McLoughlin, BA Linguistics, MA Divinity, Harvard Divinity School, is a writer, editor, storyteller, puppeteer, and researcher. Margo is a graduate of the Harvard Divinity School and a student of Buddhism for over twenty years, having practiced with Joseph Goldstein, Larry Rosenberg and other teachers in the Insight Meditation tradition. For three years she taught "Introduction to Insight Meditation" for the Harvard Buddhist Community. She was the Interfaith Chaplain with Dana-Farber Cancer Institute in Boston, Mass, leading interfaith healing services and a special storytelling series. Her research has included museum studies, comparative religion, Pali and Sanskrit.

Length:	1 day
Date:	Saturday, March 6, 2010
Times :	9am – 5pm
Cost:	\$ 95 + GST
Course Code:	PEMS1856
Please Register By:	Saturday, February 20, 2010

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road**, Victoria, BC, Canada V9B 5Y2.

